

CARTERET COUNTY AGING SERVICES

NOVEMBER—DECEMBER 2015

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November is American Diabetes Month

**Join us on November 17 at 10:30am for a presentation
by Carteret Health Care on Diabetes Management!**

 **American Diabetes Association.**



The American Diabetes Association encourages everyone to eat well throughout November and beyond—enjoying delicious, healthy food helps with diabetes management and prevention.

In honor of American Diabetes Month, the American Diabetes Association will be featuring weekly recipes selected by notable chefs and cookbook authors. For more information, visit the website below.



It's time to Eat Well, America!™

#EatWellAmerica

diabetesforecast.org/adm



STAFF DIRECTORY

Mary Kurek — Program Supervisor • Mary Dixon — Health & Wellness Coordinator

April Mason — Program Coordinator • Cindy Blizzard—Activities/Resource Development Coordinator

Joanne Cheung — Senior Administrative Assistant • Carol Neglic — Customer Service Representative

Wendy Brock — Kitchen Services Coordinator • Jonice Godette — Kitchen Services Coordinator

Kenneth Hester — Custodian • Building Monitors: Mike Galyon, Leslie Pake

UPCOMING EVENTS

NOVEMBER 3: HEALTHY WEIGHT GOALS SEMINAR, 10:30AM

PRESENTED BY: VETERANS AFFAIRS

NOVEMBER 4: SENIOR VOICE MEETING, 11:00AM

NOVEMBER 10: VETERANS DAY CELEBRATION, 10:00AM

NOVEMBER 11: CENTER CLOSED FOR VETERANS DAY



NOVEMBER 17: COUNTRY FOLK MUSIC, 10:00AM

NOVEMBER 17: DIABETES SEMINAR, 10:30AM

PRESENTED BY: CARTERET HEALTH CARE

NOVEMBER 24: FIRE SAFETY SEMINAR 10:30AM

PRESENTED BY: CARTERET COUNTY FIRE MARSHAL

NOVEMBER 25: THANKSGIVING FESTIVITIES & FEAST, 10:00AM

NOVEMBER 26-27: CENTER CLOSED FOR THANKSGIVING



DECEMBER 1: DECK THE HALLS!, 10:00AM

DECEMBER 2: SENIOR VOICE MEETING, 11:00AM

DECEMBER 8: RETIRED TEACHERS' ICE CREAM SOCIAL. 12:00PM

DECEMBER 15: EATING HEALTHY DURING THE HOLIDAYS, 10:30AM

DECEMBER 16: MISS ELIZABETH'S SPIRIT SINGERS, 10:30AM

DECEMBER 22: CHRISTMAS PARTY, 10:00AM

DECEMBER 23-25: CENTER CLOSED FOR CHRISTMAS

DECEMBER 29: END OF YEAR CELEBRATION, 10:00AM



JANUARY 1, 2016: CENTER CLOSED FOR NEW YEAR'S DAY



CONSUMER CONTRIBUTIONS

The grant that supports the Congregate Nutrition Program, Home Delivered Meals Program and Transportation Services requires that participants be provided an opportunity to contribute to the cost of services they are receiving. Anyone wishing to donate may mail contributions to Carteret County Aging Services, 3820 Galantis Drive, Morehead City, NC 28557 or deposit their donations at the specified consumer donation boxes located around the Center.

PLEASE BE ADVISED THAT:

- A contribution is entirely voluntary and there is no obligation to contribute.
- All contributions collected will be used to help pay for services.
- Information about participation in consumer contributions shall be confidential.
- Services will not be reduced or terminated for failure to contribute.
- Please contact Mary Kurek, Program Manager, at the Senior Center (252-247-2626) if you have any questions regarding consumer contributions.

MEDICARE PART D OPEN ENROLLMENT

The Medicare open enrollment period goes through December 7, 2015. This will be the only time when all people with Medicare can make changes to their Medicare health plan and prescription drug coverage for 2016.

The Carteret County SHIP office holds appointments at the Co-Op Extension Office for anyone who will need assistance with Open Enrollment. You can call the office at: 252-222-6352. Ask for SHIP Help.

MOVIE MATINEE

Join us every Monday starting at 12:15pm for popcorn and a screening of your favorite classic movies, westerns, thrillers, and romantic comedies. There's something for everyone! Check out the upcoming list of films for November and December and see you at the movies!

NOVEMBER

November 2



Fool's Gold

November 9



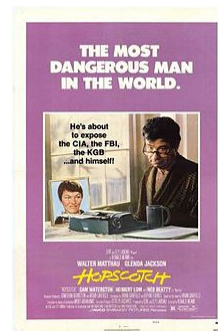
What Price is Glory

November 16



The Professionals

November 23



Hopscotch

November 30



Forbidden Planet

DECEMBER

December 7



They Were Expendable

December 14



Son of Paleface

December 21



River of No Return

December 28



The Sea Hawk

PACK A SHOEBOX

Be a Santa to a Senior!



This Christmas, make a difference for a homebound senior by helping us pack a shoebox. You can donate an empty shoebox or a shoebox filled with small, new, and non-perishable gifts. If you want to fill your own shoebox, please see the list below for suggested items.

Boxes (filled or empty) can be dropped off between November 13 and December 4 at the front desk. If you have any questions, please contact April Mason or call 252-247-2626.

Suggested Items

Hand lotion

Toothbrush

Nail Files

Hand Sanitizer

Magnifying glasses

Kleenex

Scarves

Stationery

Lip balms/lipstick

Batteries

Combs

Handkerchiefs

Flashlight

Cards

Calendar

Disposable razors

Puzzle books (large print)

Slippers/Socks

Hand-held mirrors

Please do not include items such as perishable food of any kind, used items, or items that cannot be sealed. Please do not seal the box; staff will add additional items before delivering to our homebound seniors.

WINTER PREPAREDNESS

With cold weather fast approaching, please keep these tips in mind as you prepare your home for winter to keep you safe and warm!

- Never use a generator, grill, camp stove, or other gasoline, propane, natural gas, or charcoal burning devices inside your home, garage, basement, or any partially enclosed area.
- Use electric space heaters with automatic shut-off switches and non-glowing elements.
- Never place a space heater on top of furniture or near water.
- Keep heat sources at least 3 feet away from furniture and drapes
- Check your smoke alarms and carbon monoxide detector to make sure they are working.
- Check your windows and doors to ensure that they are sealed properly to extend the life of your fuel supply.



EMERGENCY NOTIFICATIONS

Carteret County Emergency Services offers emergency notifications through Code Red, a telephone communication service that allows the County to notify citizens in case of major weather impacts, substantial utility outages, significant criminal situations, chemical spills, or gas leaks.

For more information or to sign up, call Emergency Services at 222-5841 or visit their website at: <http://www.carteretcountync.gov/138/Emergency-Services>.

FOOD SAFETY

Four Steps to Food Safety

Forgetting about food safety is a recipe for disaster that you do not want to share during this holiday season. Food borne illnesses not only send over 100,000 to the hospital each year, it can also have long term health consequences.

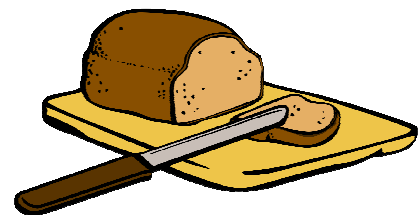
The Food and Drug Administration (FDA) encourages consumers to pay special attention to holiday food handling and preparation. The elderly, people with weakened immune systems from cancer and other causes, pregnant women, and children are most at risk from food-borne illnesses. To reduce the risk, the FDA advises the following steps:

KEEP CLEAN: Frequently wash hands and all surfaces touching food. Bacteria can spread throughout the kitchen onto cutting boards, knives, counter tops, sponges, and brushes.

SEPARATE FOODS: Don't cross-contaminate by letting bacteria spread from one food to another. Especially keep raw meat, poultry, seafood, and their juices away from fresh vegetables, such as carrots, and other foods that are ready to eat.

COOK THOROUGHLY: Food is properly cooked when it is brought to an internal temperature long enough to kill the harmful bacteria which cause food borne illness. Use a food thermometer to measure internal temperature of foods.

CHILL PROPERLY: Refrigerate foods promptly to prevent most harmful bacteria from multiplying. Refrigerators should be set at 37 degrees Fahrenheit, freezers at 0 degrees Fahrenheit. Occasionally check settings with a thermometer.



Carteret County Aging Services

AT THE LEON MANN JR. ENRICHMENT CENTER

3820 Galantis Drive, Morehead City, NC 28557

Phone: 252-247-2626

Hours: Monday through Friday, 8:00am to 5:00pm

Like us on Facebook!

<http://facebook.com/LeonMannSeniorCenter>



C H O I C E S F O R I N D E P E N D E N C E



HAPPY NOVEMBER & DECEMBER BIRTHDAYS!

November

December

01: Ann Helsabeck

13: Tomasina Rey

01: Babs Waters

14: Joey Giffin

01: Jacqueline Selvitelle

13: Ruth Weeber

06: Christa Gaulin

15: Virginia Zozzaro

01: Dot Reist

13: Ricky Hall

06: Alberta Walter

16: Lois Hutchison

02: Harold Lail

15: Victoria Tucker

07: Pat Shenk

16: Lucia Stanley

03: Cecil Murphy

18: Talmadge Goodnight

08: Jacqueline Hellersperk

21: Mary Upchurch

03: Larry Skarsten

24: Peggie Smith

08: James Morris

23: Gail Sieffert

08: Hanna Coe

25: Irene Bell

08: Helen Robinson

23: Evelyn Olschner

08: Carl Strickland

30: Jean Baxter

08: Sheryl Taylor

25: Douglas Elliott

08: Gillie Conway

30: Carol Beachem

13: Charles Mullins